

Nation

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Chisasibi Beavers



- Abenaki youth elected to Abitibi-Est riding
- Organic food show

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Time for a sober view of alcohol

by Steve Bonspiel

The Mistissini Band Council's recent decision to reject a Cage-aux-sports style resto-bar in the community is raising many questions. The first being, Why was it shot down so hastily?

Calvin Blacksmith may or may not have been the right person to end the ban on alcohol sales in the community. He is, after all, on leave of absence from his job as Police Director and currently sits as a band councillor.

But should the debate die there?

Chief John Longchap finally gave in to pressure Blacksmith had been exerting for over a year by holding a meeting on March 20 to discuss the issue. After 31 people in the community of 3,000 opposed the idea, Chief Longchap declared the idea dead. The people, apparently, had spoken.

Director of Social Development Jane Blacksmith was at the meeting and is adamantly opposed to the idea of a bar under any circumstances, reasoning that the community has not "healed."

"I asked them, 'Can you wait for us to heal so we might be able to drink socially in the future?'" she said. "Right now we're using alcohol to mask our pain, to numb our pain. We're a very hurting community."

Bootleggers are already making a killing by selling alcohol to underage kids at all hours of the night. What is being done about that? It's not like no one knows who they are, so why the double standard? If alcohol is so bad, why not kick these blind pigs to the curb?

The residential-school era left behind a legacy of alcohol abuse and self-loathing. It turned some innocent children into sexual and mental and physical abusers later on in life. Everyone is still suffering the effects, whether they saw first-hand the horrible conditions in the schools or not.

That era will continue to hurt Crees until it is properly dealt with. Counseling is a good start, but we all know that there are few mental health professionals in Eeyou Istchee. And none that speak Cree.

It's no wonder many Crees turn to alcohol and drugs to dull the pain. But by banning alcohol in the territory, it sends a message that Native people cannot drink responsibly.

Of course there are people who cannot handle their alcohol intake and should not drink. They're called alcoholics. In the worst cases, these people keep the circle of abuse alive by abusing others. Some end up in jail.

By bunching everyone else into the same group, the message is that Crees are all essentially alcoholics – and that's wrong.

Jane Blacksmith admitted to being an alcoholic herself. She has now been sober for almost five years and has made it clear she is against the idea of a bar in Mistissini, at least for the short term. What about the other less-vocal, social drinkers out there? Where do they go? Why do they have to be penalized?

The crosses on the side of the road caution motorists of the dangers of making the one-hour drive to Chibougamau to have a drink. They were put there to remember those lost to the horrors of drunk driving.

Crees are one of the few peoples denied the freedom to buy or sell alcohol in their own communities. The irony here is it is no longer the paternalistic federal government that is stopping them. It's the band councils and religious groups that believe alcohol has no place in town, and they represent the most vocal members of the community.

So where does the Cree Nation go from here? Should we continue to treat Eenouch like children and not allow the sale or distribution of alcohol because no one in the community can be trusted to have a few drinks?

Or is it better to become a progressive Nation that allows, under the scrutiny of an alcohol control board, the sale of alcohol to help the community to heal by giving them more responsibility and the ability to make their own choices?

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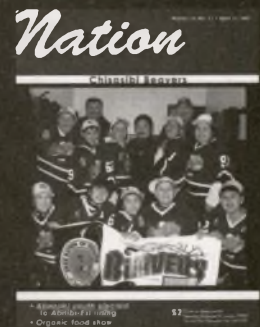
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on the cover

Photography: Ernie Webb

Design: Cheryl Tom

Front Row - L to R:

Trystan Aubry, Mario Gilpin, Robert Sam, Nimistchou Bearskin, Vincent MacDonald

Middle Row:

John Ross House, Ronald Washipabano, Jonas Rupert, Coach Charlie

Fleming, Jeremy Bearskin, Darius Moar

Back:

Coaches Keith Bearskin, Patrick Bearskin

Missing:

Coach Ianic Aubry

Goose fever in the cornfield



The lone goose flew overhead, its honk resounding clearly. I responded instinctively, crouching and calling. A neighbor reminded me that I was away from home, visiting a small suburban community outside of Ottawa, and that spring arrives earlier in the south.

The neighbor, wondering what the ruckus was (my goose calling), called me over to his driveway. I explained to this local friendly that I was merely trying to convince my next meal into coming close, but that the goose, unperturbed, landed in the lake nearby, oblivious to his possible fate as my supper.

Yep, itchy trigger and all, goose fever is settling in quickly. If it weren't for the possibility of catching the Avian flu, goose fever is catching on earlier and earlier every year with no wanted cure in sight.

I hear that hunting in the National Capital area is now allowed in the spring for those willing to take a course and obtain a permit. Go figure, if you can't catch 'em, join 'em in the cornfields that cover the suburban landscape of the south and do a farmer a favor, kill those delicious pests! Yes, those scavengers of the corn seed will meet their chef soon!

Hunting in the south, belying all those years of traditionally maintaining annual migration routes over clusters of naturally camouflaged blinds and landing on ponds that generations of goose hunters laboured over for decades, is becoming quickly accepted as an alternative to the traditions of hunting lore, passed on from father to son.

I'm not saying that the old way of hunting is vanishing the way of the spring goose, but that the need to eat goose has extended into nearly a borderless environment. The southern farmer is more than willing to accommodate the hunger of a Cree in a Trebark™ hunting suit by offering his

precious fields so as to defend them from the voracity of the Canada Goose's seemingly unending appetite and to diminish their ability to destroy a crop overnight.

The irony abounds: wildly different species become birds of a feather come together to save their environment and at the same time sate their needs.

Meanwhile, those who still carry out the traditional rites of passage have come home with nary a feathered fowl and lament that the goose has flown past, either all at once, way too high and out of range, at night, or not at all. Whatever the reason, it's still not fair.

Some camps do very well, but they seem to be fewer and farther apart and all the best to them. The goose is not just a meal, but an occupation, a means, a tradition that is used in ceremonies and garnishes many a feast and festivity.

I hope that the proper practice and tradition continues, that sand-blasted skin and black-burned lips contrasting with the sunglass outline raccoon that we spring hunters proudly display is something that is synonymous with our way of life.

I think that in time, after being the scarecrow in the cornfields for a few decades, the balance of the annual goose migration will return to normal. Who knows, maybe the geese are the ones that changed the balance of nature by accepting the safety of the farmer's fields instead of traversing the dangerous lead pellet-lined routes of James Bay, where every pond is for sitting ducks, and everyone is hungry for the roast goose supper!

I get in the car in suburbia and say goodbye to neighbor, travel to downtown Ottawa and then head north, ready for another month of waiting for the first geese to arrive in my back yard to cure that growing itch in my trigger finger.

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Chisasibi's Beavers take it to the limit

Nine to eleven-year-olds come within a goal of provincial glory

by Catherine Bainbridge

The Chisasibi Beavers were on fire in the third period of the provincial championships in Louiseville, Quebec, slamming in two goals to tie up an intense game against The Diplomats from Laurentian / Lanaudière.

The Diplomats scored two early goals in the first period, but really started to feel the heat from the Chisasibi team right from the start of the third period when the boys came back strong to tie up the game 2-2.

The Chisasibi cheering section of the arena went wild early in the third period when Jonas Rupert scored the first goal. The arena practically shook from the shouts of joys when, moments later, Ronald Washipabano, assisted by Vincent MacDonald, tied up the game.

"The kids were really hot," said Keith Bearskin, one of the coaches. "Chisasibi was really dominating the game by the end. They were warmed up and playing really well. It could have gone either way, easily."

Coach Charlie Fleming said he was impressed with the boys for never giving up.

"Our players were behind for the first two periods, but they came back hard in the third and played really well. These boys know not to give up. I am really proud of them for that."

Throughout the grueling third period, the Beavers had their opponents on the run, rarely letting the Laurentian team get the puck out of their end. The Beavers were out-shooting and out-playing the opposition, tiring them out, but they just couldn't score.

The cell phones were ringing off the hook in the stands, with family members calling and parents giving hurried updates as the game went on. The Chisasibi cheering section were yelling themselves hoarse, shouting instructions to everyone from the stands and proudly honking horns and waving the Chisasibi Nation flag.

"Many of these parents have been coming to games and early morning practices for the whole winter," said hockey mom Sandra Webb. "We've seen the boys progress over the months. They are true champions."

After the third period, at 2-2, the game went into overtime: five minutes with four players on each team. Both teams worked hard, and again, Chisasibi was dominating, but the winning goal just wouldn't come.

"I am proud they played as a team," said co-manager Stella Bearskin. "They were passing well to each other, they were really in control of the puck."

With the score deadlocked, the game went into a shootout.

Jonas Rupert shot first. His shot was blocked. Next up, the Diplomat player put one in. Then Ronald Washipabano tried his best, but couldn't score either. The game ended when the second Diplomat player sent his goal home.

"If they had had another chance at regular overtime play, it is pretty clear they would have won. In terms of actual play, Chisasibi played better, but unfortunately they just couldn't score," said Keith Bearskin.

When the final goal went in, the Chisasibi boys were devastated, several were in tears and some of them



Top: Ianic Aubry, Keith Bearskin, Charlie Fleming, Patrick Bearskin
Bottom: Robert Sam, Vincent MacDonald



Top: Delcy Washipabano and Ramona the arena baby
Bottom: Stella Masty Bearskin and son Nimistchou



Top: Darius Moar, John Ross House
Bottom: Some of the parents

Photographs by Ernest Webb

threw themselves on the ice in despair. They had given it their all and fought really hard. Some of the parents in the stands had tears in their eyes as well.

"They played so well," said Stella Bearskin. "They played so hard. And they really showed their abilities in the third period – they were so close. It was heartbreaking."

Andrew Rupert, grandfather to Jonas Rupert said: "It's sad for the kids, but we're happy to be in the provincial championships. We've never gotten this far before. We're going to celebrate our good season."

One reason the loss was so hard on the boys is because the Chisasibi Beavers have played unbeaten since last December, dominating every game they played.

In the regional finals last month in Rouyn Noranda, the Beavers won all their games against the other Abitibi teams. They dominated Rouyn in the final match to win 5-3.

"That was a tough game. The refs called 10 penalties against Chisasibi in the first period alone," said Sandra Webb, mother of Vincent MacDonald. "It was as if the refs were unfair and wanted Rouyn to keep their title."

But the boys weren't deterred.

"All year, I told the boys there's no 'one' in team," said Stella Bearskin. "They have to play together. Together Everybody Achieves More – that's the anagram for TEAM. And they really played together. We are so proud of them. They are in the top of the league."

One difficulty, according to some of the hockey moms, was the great distance the Chisasibi players had to travel for the championships. It was a 16-hour drive for the families and everyone was very tired from the trip.

The coaches, parents, players and managers want to thank everybody who donated their time and money to make the trip possible. With hotels, travel and food, the bill totaled over \$10,000 and it is thanks to the entire community that the boys were able to experience such high-calibre play. The team especially wants to thank their sponsors: The Cree Nation of Chisasibi, and the Chisasibi Minor Sports and Recreation Association (CSRA).

"These boys have played together for seven years, since the beginning. So they all know each other and respect each other. They are friends on and off the ice," said coach Charlie Fleming.

All in all, it was an important life lesson, said coach Keith Bearskin. "It's not easy to lose in sports, but that's an important part of the game and an important part of life. Learning how to lose well will help all the boys. In life, things don't always go as we want and we all have to learn from that."

Parents were told by tournament officials that all the teams were really impressed with the skill of The Beavers. They were even informed many of the other teams were scared of The Beavers.

"They were so much bigger and stronger than most of the other boys in the tournament," said one mom. "In Rouyn, the other parents kept asking us what we fed our kids!"

"It was a really good experience," said coach Ianic Aubry. "They'll be here again, and next time, they'll go all the way. They've all grown from this experience."

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A JOURNEY TO HEAL WOUNDS AND SHED INHIBITIONS

by Steve Bonspiel

Mistissini's Journey of Wellness celebrates 10th year



Roderick Rabbitskin, CBC North

As CBC North journalist Roderick Rabbitskin has discovered, the journey to wellness requires continual travel. In the *Nation* last year, Rabbitskin revealed that a community member had repeatedly abused him as a child. During this year's Wellness Week, held

in Mistissini March 17-22, Rabbitskin spoke of that terrible ordeal for only the second time in his life (and the first time publicly).

The exercise led to feelings of relief.

"Everyone came up to shake my hand, it was really nice," Rabbitskin told the *Nation*. "Jane Blacksmith from Public Health told me, 'This is the first step. We saw your story in the *Nation*, we heard it on CBC North and this was a big step for you to take and it's opened a lot of doors. You're very brave and if there is anything we can do, just ask.'"

One person came up to Rabbitskin and said he'd really helped her. "She told me that she's been going through abuse over many years," he said. "We talked for quite awhile."

Gloria Blacksmith, the coordinator of Mistissini's Journey of Wellness, said the experience opened doors for some people. "It's good to hear other peoples' stories and for them to share their own," she said.

Rabbitskin said he hopes others come forward to tell their stories. He has already received a few telephone calls and emails from leaders and other community members commending him on his bravery, especially considering his high profile job as a radio broadcaster whom they tune in to every day. He said that they have also shed tears over the phone while expressing their gratitude and support.

Blacksmith said the impact of the event and its activities is truly inspiring.

"People realize that they're not alone," she said. "They keep it bottled up inside for a long period of time, but to hear someone speak, it opens the door and it's a way to start healing. It's encouraging."

"Each individual has their own purpose," said Blacksmith. "They all have a different background. For some it could be trouble in a relationship, or alcohol or drugs. It's also a way to

get out of the community and go back to the traditional Cree way of living by following in their ancestors footsteps."

This year, the Journey was so popular that 27 people ventured into the wilderness.

During the journey, individuals go out on the land to follow traditional Cree pursuits with minimal provisions. The first part involves snowshoeing or dog sledding into the bush for a whole month during harsh winter conditions.

The second part sends participants on a spiritual and mental journey. A sharing circle is held after the long day's walk. Openness is encouraged and people talk about their innermost feelings and shed their inhibitions. Community members begin their journey with an open mind to heal old wounds.

Arnold Thomas, a motivational speaker from the Shoshone-Paiute Nations of the Duck Valley Indian Reservation, spoke about his own personal bout with suicide. His father committed suicide many years ago and Thomas later turned to drugs and alcohol. Eventually, he also attempted suicide with a 30/30 rifle. The attempt severely damaged his face and left him blind. He was unable to speak for many years.

But the experience proved the importance of having loved ones close by. Through the support of his family and friends and the larger community, he persevered and the resulting story became a real example of the horrors of the potentially deadly mixture of depression and suicide.

Blacksmith looks forward to next year when she hopes even more community members come out for the Journey of Wellness to share their stories and heal their pain.

"Hopefully through doing these presentations, it really helps the community to address the problems that they need to face and start healing," she said.

"It makes people realize that they are not alone in life. There are services that are there to help and support. I think it's very good for the community to share their experiences together."

At the end of their journey, the walkers come into the community and Wellness Week begins in earnest.

"I'm really glad that I did it," said Roderick Rabbitskin. "My family was very emotional. They cried. Two of my brothers and two of my sisters were there with my nieces and nephews. They're very happy that I did it. I kept it to myself for years and it was just eating me up."



Waswanipi has lost one of their own
July 25th 1946 - March 20th 2007

Katherine Ottereyes

The sun was warm and bright on that spring morning when a loud noise directed my attention to a chickadee that had unfortunately flew directly into our kitchen window and now lay down on the balcony. I picked up the little being in my hand and gently stroked its feathers, keeping it in the warming sun, praying that it would survive the shock it had just experienced. It was such a beautiful and fragile bird and my heart was heavy with sadness at the thought of it dying on such a nice day. "Summer is coming, you cannot die now little one" I was telling it with tears in my eyes. It was breathing heavily, then almost not. Life is beautiful but unpredictable isn't it? ... After a while, miracle, it simply flew to the closest tree, stood on the branch and looked at me. ... I knew it was thanking me, and the joy I felt was so immense. Life prevailed on that spring morning! That's the exact moment when Steve called me and told me that Katherine passed away. ... My God, how can it be, not Katherine, not now, why? My little birdie lived, how Katherine can die. ... My souvenirs of Katherine are of a strong and proud Cree woman, one who stood tall, an independent thinker who strongly supported the rights of women. Generous, open, and friendly, she loved the bush and the animals. She loved to laugh around a cup of tea. She loved her native land and her culture, I learned a lot on Waswanipi's history from her every time I visited and stayed at her home. I did not know her that much but that is what stood out of her for me. ... I will always remember her though, she touched me and the news of her passage to the Creator shook me to my core. Your spirit will live on Katherine, all great beings do. Maybe, just maybe, your spirit helped my little bird to live and see another beautiful summer. - Danielle



In addition to the work completed at the Nitchequon site over the past two years, the CRA, Transport Canada, the Cree Nation of Mistissini, GAIA and Golder would like to thank everyone who participated in this endeavour. Thanks to the participants' contribution, this project was a success.



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Feds defy Kashechewan choice

Leaders of Kashechewan are demanding their troubled community be moved to a site within their traditional lands. The demand comes as they rejected a federal offer to relocate to Timmins, Ontario, which is 450 kilometres away.

They fear that with spring break-up coming, the community could be evacuated again, or worse, lives could be lost.

"I hope that the people of Canada will understand the situation we are in. We need to have the assurance of this government, which made the commitment in 2005 to find a solution for the future of Kashechewan," said Grand Chief Stan Louttit at a press conference March 28.

The community suggested various options for the move. The most popular, and the one that Louttit is backing, is a move within their traditional lands, mere kilometres away from the current community.

The upheaval has come with heavy costs. Several residents have been lost to suicide over the last three years. It's believed many others in the community are still prone to suicide because of the horrible conditions caused by last year's flooding and an outbreak of E. Coli in the drinking water. Elementary school children have been indefinitely moved to the local high school due to water damage. The community has been evacuated three times in the past two-and-a-half years.

The Conservative government favoured the move to Timmins and is displeased with the community's choice to stay in its traditional territory. The Tories claim that the Liberals never set aside the money to facilitate a local move of 50 houses a year for 10 years and that Timmins is a better locale.

"It's not where the community wants to live," said Timmins-James Bay MP Charlie Angus (NDP). "They're very land-based, they're very traditional, and this is where they've always lived. You can't keep putting a Band-Aid on a septic wound."

Military manual targets Natives as potential terrorists

Canada's military has been embarrassed over a draft counterinsurgency manual that identified the Mohawk Warrior Society as a terrorist threat. A *Globe and Mail* report detailed strategies to defeat hypothetical insurgencies and noted that the Mohawk Warrior Society was involved in the 1990 Oka crisis in Quebec, which spawned a 78-day confrontation with police and the military that left a police officer dead.

The draft manual's 164 pages outline a wide range of measures that could be used to assess, manage and defeat an insurgency. On the 11th page, under the heading "Overview of insurgencies and counter-insurgencies," a paragraph is highlighted, which states: "The rise of radical Native American organizations, such as the Mohawk Warrior Society, can be viewed as insurgencies with specific and limited aims. Although they do not seek complete control of the federal government, they do seek particular political concessions in their relationship with national governments and control

(either overt or covert) of political affairs at a local/reserve ("First Nation") level, through the threat of, or use of, violence."

The wording upset many Aboriginal leaders and the government has now said no such wording would be included in the final report. The AFN said this could hinder travel by First Nations people.

More native children than ever being taken from families

On February 23, First Nations Child and Family Caring Society (FNCFCS), along with the Assembly of First Nations, filed a human rights claim in the name of the 27,000 First Nations children currently in state care.

First Nations leaders said the number of children taken from their parents is greater than during the worst period of abduction and confinement of Native children to residential schools. The figures include children of Aboriginal people living off-reserve.

In May 2005 only 0.67% of all non-Aboriginal children were in child welfare care as compared to 10.23 per cent of all Status Indian children.

After the human rights complaint was filed, federal Indian Affairs Jim Prentice said Canada already spends "an awful lot of money" on natives.

A first for Manitoba First Nations

Manitoba lawyer Doreen Redhead has become the first aboriginal woman to be appointed a judge in Manitoba.

Attorney General Dave Chomiak said having a female aboriginal judge gives the courts a better reflection of the population of Manitoba.

Redhead graduated from the University of Manitoba Law School in 1996. She has practiced law on behalf of the Fox Lake First Nation in Gillam, and the Keewatin Tribal Council in Thompson.

Nation wins 3 CCNA awards

The Nation took home three awards at the Canadian Community Newspaper Awards this year. The announcement was made on March 12. The awards are to be handed out in Winnipeg on May 11.

This year's showing is a slight improvement over last year, when Neil Diamond and the duo of Will Nicholls and Lyle Stewart took home a total of two awards for Best Columnist and Best Environmental Story, in the country-wide competition that pits the best community newspaper or magazine writers against each other. Listed below are the awards won.

Steve Bonspiel 2nd place for Best National Editorial (Aids: Infecting our people at an alarming rate)

Steve Bonspiel 3rd place for Best Feature (Does the Punishment fit the Crime?)

Steve Bonspiel 3rd place for Outstanding Reporter Initiative (Classroom in Crisis)

ABENAKI YOUTH ELECTED

SPEAKS OUT

by Steve Bonspiel



Alexis Wawanoloath is a political pioneer. At the tender age of 24, Wawanoloath is one of the youngest members to be elected in the March 26 provincial election... and he is the first Aboriginal to win office as a member of the Parti Québécois.

Wawanoloath's election represents a change in the Abitibi-Est riding that has been under Liberal rule for the past four years. He took the riding with 8,262 votes to 7,545 for the Liberal incumbent Pierre Corbeil. He was helped out by the ADQ candidate, Gilles Gagnon, who drew 5,060 votes, many of them away from Corbeil.

Wawanoloath had an early interest in politics thanks to his father's influence. He was a self-proclaimed federalist early on, but later changed course and eventually became a sovereigntist at age 15.

He worked his way up the political ranks by serving on numerous boards, eventually becoming the Youth Representative with the Assembly of First Nations of Quebec and Labrador. He had to resign his post as Vice President of the Native Friendship Centre in Val d'Or after he was elected in the Abitibi-Est riding for the Parti Québécois in last month's provincial election.



"I think and understand both sides and I think I can be a good bridge for both sides too"

IN ABITIBI-EST RIDING FOR PARTI QUEBECOIS

His story and his lineage are a mirror of Quebec society. His mother comes from the Abenaki community of Odanak, while his father is a Quebecois from Val d'Or. And that enables him to see two sides of the proverbial coin.

"I think and understand both sides and I think I can be a good bridge for both sides too," he surmised.

And he couldn't be any happier.

"In the past the PQ have done quite a lot for First Nations through negotiations and agreements like the Paix des Braves," he told the *Nation*. "They recognize First Nations and the specific needs. Maybe it's not perfect, but the PQ's results are better than other parties," he said.

One of the ways for Aboriginals to become self-sufficient and to grow, according to Wawanoloath, is to walk side-by-side with a separate Quebec.

"Sovereignty is a good idea because Quebec, as well as all First Nations, want to be autonomous and successful," he said. "All the money is in Ottawa and all the expenses are with the province. It's something disturbing for me to always ask for money from the federal government."

He also has a background working with youth. He studied early childhood education that focused on Aboriginal kids at the Abitibi Temiscamingue Cegep. His age is also seen as a plus in getting the youth to believe in him.

Once the election was over, the self-assured and newly

minted politician took a breath.

"I feel very honoured. A lot of whites I met were proud to be in the first riding to elect a Native person. And a lot of Native people told me that my election gave them hope. It showed that we are in a place where it's possible to live together."

His platform outlined the social and economic change needed to boost his riding and the sagging economies of towns that used to rely heavily on mining. His openness to the youth and to everyone in the riding, separatist or not, is what he believes helped him get in.

"I want to give the people a voice, where they can talk and express their opinions," he said. "It doesn't matter if you're a Liberal or PQ or if you voted for the Green Party, I want to hear from everyone. I invite everyone to speak, because I represent everyone."

He also used to work as a social worker at two schools that had large First Nation populations. His mandate was to combat stereotypes and to educate his students about the diversity that makes up the demographics in Quebec. He stressed that he would like to continue working with the schools to help prevent students from forming racist stereotypes about Aboriginals at an early age. But he does not only want to limit his speeches to youth.

"I want to teach my colleagues about Native peoples. I

"They recognize First Nations and the specific needs. Maybe it's not perfect, but the PQ's results are better than other parties"

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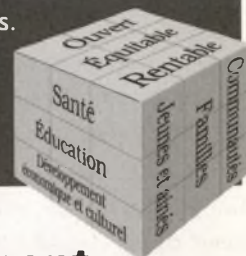
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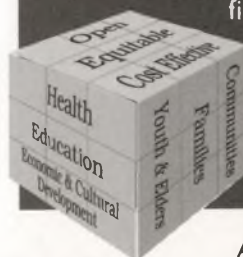
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Information:

Alfred Loon (514) 861-5837 / aloon@gcc.ca

"I feel very honoured. A lot of whites I met were proud to be in the first riding to elect a Native person. And a lot of Native people told me that my election gave them hope. It showed that we are in a place where it's possible to live together."

would also like to introduce a program where people learn about how we lived in the past and the different things we've been through to get here today. I want the people to understand the Aboriginal position and I think that will help to eliminate a lot of the ignorance and racism."

Building the economy through knowledge is something Wawanoloath firmly believes is the key to a better society.

"Education is a big issue for everyone. Each society that is successful economically always puts a lot of faith in the children. First Nations issues will get bigger in the future because of the fast growth of the population, so it will be a bigger challenge."

The old saying of the right place and the right time held true politically for Wawanoloath as well.

"In December 2005 I was involved in the Abitibi Temiscamingue Youth Forum. I talked to the MP at the time for the Bloc Quebecois, Yvon Levesque, and the director of the last federal campaign. They met me and learned more about my aspirations as a sovereigntist," he said.

"From there, I got on the executive committee for the federal Abitibi-Bay James-Nunavik-Eeyou riding and that's when I met Alain Lapointe, who was the president of the Parti-Quebecois executive committee. I got to thinking that running for office was something I could seriously think about doing. I started to think of what I could bring to the

table as an Aboriginal," he continued.

"Alain Lapointe invited me to the general assembly of the Parti Quebecois in Abitibi. I mentioned to him that I would be interested in running in the next election. He turned to me and said that he would leave his position as president so I could take his place. That's when I became the president of the executive committee in Abitibi and I decided to run in the election after a year at that position."

He gave the credit for his election win to those around him. "One of the main reasons I won is I had a great team," said Wawanoloath, who had his father by his side during the campaign, promoting his son and his ideals to voters in the area and taking care of financial aspects.

His father had such an influence in getting him interested in politics that also rubbed off on his younger brother, who is currently studying political science at the local university.

Wawanoloath's mother also influenced her boys in a big way. So much so that her eldest son fancies himself a feminist.

"It's important for everyone to have the same rights, no matter what your colour or gender. A lot has been done for women, but we have to do more for them to gain equality."

He also said that he is a social democrat. "I was poor and I know what it means to be poor and I know what it means

"I want the people to understand the Aboriginal position and I think that will help to eliminate a lot of the ignorance and racism."

'I take my stand'

Youth implication contest

Organized by the "Regional Youth Forums Table of Quebec"
to promote the place and image of you, the Youth.

By recognizing your creativity, your audacity and your talent. By encouraging you, the Youth in being more involved with your surrounding, to pursue your initiatives and to support your desire to take on responsibilities and contribute to the development of your society.

This contest will recognize a Cree Youth within the Cree Nation who has stood out through a personal activity or within a group, and, by his/her motivation and involvement, has demonstrated a will to continue to be engaged in his/her community.

Criteria will serve to judge every candidate's application, which will be done by a selective jury:

- The candidates' submissions must be done by an organization, an association or a group that acts within the territory of the Youth Forum's region. A Youth can also submit his/her own candidacy, but must join with it a letter of support from an organization, an association or a group.

People who are excluded for the contest are: those working for the Youth Forum, as well as Youth Councils; those who have done a scholastic-related work; those who are working within or are being paid for their activity.

- Added information that is required will include: a text of a maximum of 4 pages which should describe the volunteering work of the candidate. This text should in turn include information concerning: the challenge, the social repercussions, the innovation, personal competences and the sharing of knowledge.

- Due to the fact that the winning candidate will be making a trip to both Quebec City and France as part of their selection, the candidate will need to be able to speak and understand French, as well as have a valid passport.

- Since we are doing this for our Cree Nation region, the candidate must be Cree.

The application forms will be available through pamphlets which will be distributed through the communities, as well as on the Internet at www.takeyourstand.qc.ca

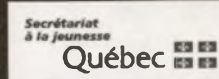
This contest should serve to give light and make visible those who make contributions to their communities outside their work. Although there will be only one winning candidate, we should all recognize and encourage any work done from volunteers who go out of their way to help make our communities better, and to those who pursue their bright ideas of creativity and commitment.

For more information please contact:



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"It's important for everyone to have the same rights, no matter what your colour or gender. A lot has been done for women, but we have to do more for them to gain equality."

to go hungry and you have nothing to eat. I know what it feels like when you can't pay your rent or other bills. Because I lived that, I understand how important it is for everyone to be equal."

His battle with his dual identities led him to believe in the sovereigntist ideals.

"When I was younger I was caught between my French side and my Native side. I was a federalist because I thought when you're Native, you must be federalist. When I was 15 I started to think that it was strange to be a federalist and I wanted to strive for better things for Aborigines. The fight is the same for Quebec and for the many Aboriginal nations in the province. The fight for independence and control over our economies is the same fight for each nation."

He thinks the key to a victory if the PQ comes to power again, is educating Aborigines about the realities of a separate Quebec.

"I think before the next referendum we have to make it clear to First Nations what they will gain. The problem in the last referendum is lack of information to Aborigines. We have to explain what everyone has to gain. It's important to show how a sovereign Quebec will accommodate everyone."

Although he was unsure of what would happen if First Nations communities wished to remain in Canada even if

they knew more about breaking up the country, Wawanoloath had an example.

"Iceland decided to be independent and Newfoundland decided to be part of Canada through three referendums. Iceland protects its resources, but Newfoundland's main economy of fishing is not protected as well under Canada."

"Iceland, through its independence, has now become the biggest producer of bananas in Europe and has a thriving economy."

His vision does not only include separatism, however. He is devising a plan that would see community consultations held each month. He's hoping that by having open forums regularly he will get a feeling for some of the topics that are important to Abitibi residents, Native and non-native alike.

Although the word separatist has many connotations, Wawanoloath cautioned against people who label him as a traitor.

"We will always have a good association with Canada," he said. "We have a common history. I'm not a sovereigntist because I don't like Canadians. I'm a sovereigntist because I think it's what will be better for Quebec citizens. I think it will be important to have a good relationship and a good association with Canadians. It's a logical thing. We'll always be commercial partners."

"I'm not a sovereigntist because I don't like Canadians. I'm a sovereigntist because I think it's what will be better for Quebec citizens."

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- 3rd prize of 500 \$

PROSPECTORS CATEGORY:

- One prize of 2000 \$

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- New discovery
- Sample must be the size of a fist
- Sample must be located on a map
- Complete the application form (Rock contest application form on demand)

DON'T FORGET:

- Hints on the ground:
look for rusty surfaces (Add a nice photo of the outcrop; take the photo with the sun in your back).
- Hints after breaking:
sample metallic minerals
(Add a nice photo of the sample freshly broken).



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ORGANIC FOOD FAIR IS A FEAST OF DISCOVERY



by Amy German

With health and nutrition on the minds of just about everyone these days, we at *the Nation* decided to check out the Expo Sante Manger or what is quietly known in English as the Eat Well Expo, March 15 at the Palais des Congrès.

Bearing in mind that a great deal of these expositions are all about connecting vendors and product producers with the general public and hawking as much of their wares as possible, we set out to see what the latest health products are and what was worth the while.

No matter the direction we (we being Will Nicholls and myself) turned in throughout the endless isles of kiosks, no one word was more omnipresent than *organic*. Unfortunately, for as many organic farms as there was, not a single one of these farmers delivered as far as even Val d'Or.

The very first organic product we encountered was Ocean Wonder Seaweed from Nova in liquid form. The woman at the kiosk promised us that the watery liquid in the sample cup was "all taken organically from the sea," that it contained "a lot of minerals, amino acids, digestive enzymes,"

and that "it's a good natural product." Though neither of us was particularly convinced that this product was of interest to us, more information on this product can be found at <http://www.oceanwonderkelp.com>.

Next up we had our skin soothed with samples of Chanv brand skin creams. These locally made hemp products had a lovely feel on the skin, slightly oily but soothing. Hemp has made its way into prestigious beauty products world-wide, garnering its own lines at mega cosmetics producers such as the Body Shop and many others. Though it was difficult to decipher as to whether all of their products stood up to their promises, like the anti-ageing cream that promised to prevent wrinkles and pre-cancerous cell formation, they had a nice feel. For more info go to <http://lafeuilleverte.ca>.

Of the many "meal replacement bar" products that were on display, few were as peculiar or promised as much as Dr. Vie's Chocos. This product describes itself as "healthy guiltless stuffed chocolate" featuring: natural raw ingredients wrapped in 100 per cent pure cacao, an immunity boost from the "4,000 High-Orac

Chisasibi Annual Sno-Cross and Cross-Country Racing 2007

Junior (Ages 14-17)

- 1st – Weja Neacappo
- 2nd – James Spencer
- 3rd – Dwayne Coon Come

120 Stock (Ages 5-7)

- 1st – Robert Pepabano
- 2nd – Desmond Jonah
- 3rd – Patrick Coon

120 Stock (Ages 8-10)

- 1st – Tommy Snowboy
- 2nd – Jackie-Lynn Bullfrog
- 3rd – Franklin Moar

120 Open (Ages 6-10)

- 1st – Jesse James Scipio
- 2nd – Norman James Rupert
- 3rd – Barry Matthew

Pro

- 1st- Katejun Coonishish
- 2nd – Steve Girard
- 3rd – Robert Rupert

Semi-Pro

- 1st – Jeremy Jolly
- 2nd – David Leahey
- 3rd – Karl Lampron

Sport

- 1st – Karl Lampron
- 2nd- William Chakapash
- 3rd – Weja Neacappo

Women`s Open

- 1st- Stacey Ann Coonishish
- 2nd- Julianna Ottereyes
- 3rd – Shirley Coon

Cross-Country

- 1st – Robert Rupert
- 2nd – Steve Girard
- 3rd – Katejun Coonishish

Women`s Cross-Country

- 1st – Shirley Coon
- 2nd – Janna Sam
- 3rd – Stacey Ann Coonishish



Kindness Gleaming

*Hair like snow, white and soft
Always shaking, twitching
His skin as white as his hair.*

*Understanding eyes watch me
From above
Kindness gleaming in the blue
I know he is at peace.*

*Love engulfs me
Sent by angels
From his heart
Honest til the grave
Knowing to accept it.*

*Giving us hope to see
Him when our time is over.*

*He is gone but his
Spirit is here.*

In me.



Thomas I. Webb
April 16,1933 - April 26,2004

In memory of my Joomshoom
Katie Webb, 2006



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Antioxidants" (whatever that means), 600 mg Omega 3 and to be protein packed, high in fibre and made from only "good carbs." The product itself did not taste that bad and was actually quite palatable.

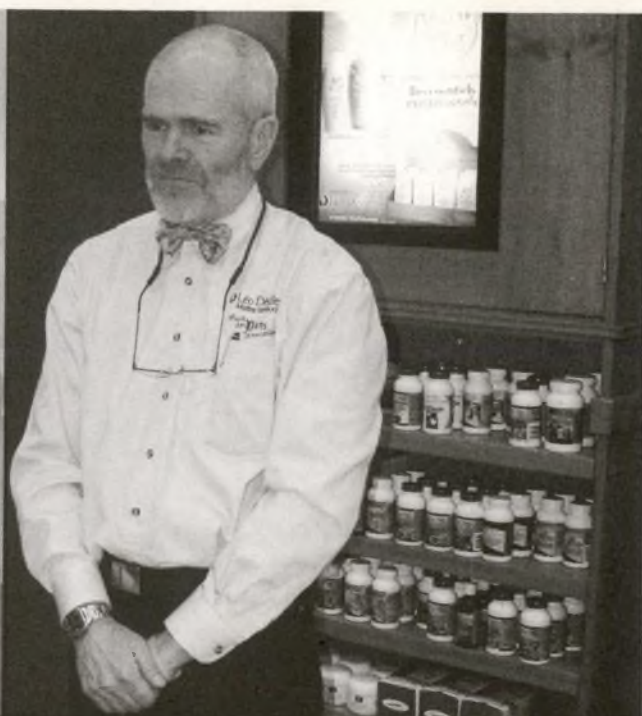
While on the topic of organic bars and meal replacements, we actually really enjoyed the Nature's Path Organic products. Nature's Path makes your standard, energy-packed cereal bar under the name Optimum and of all of the ones that we tasted, these really stood out. Chewy, flavourful, full of fruit and oats, there was no magic to this product, very little hype and rightfully so as it didn't need it. Nature's Path also makes an organic, healthy "pop tart" sort of pastry under the moniker of Pie-Oh-My! Honestly, if this product was more readily available it would certainly give Pop Tarts a run for its money as it was a great product that we really enjoyed. For more info go to <http://www.naturespath.com>.

At this show there was as many ridiculous and over-the-top products as there were actual, useful innovations. One of the products that we liked was the Activa organic canola-olive oil blend by Orphee. This prod-

uct was both cost efficient for those who didn't want to shell out for premium olive oil and versatile due to the canola blend, which made for better frying due to its higher burning temperature. Olive oil is great for the heart and one of the best types of fats that one can put into their body so blending it is actually a great idea as it cuts on cost, making it more accessible to consumers. For more info see: <http://canola-olive.com/en/index.php>.

Another interesting new product that we encountered was Equinox brand organic maple flakes. Designed as natural, unrefined alternative to table sugar, this product would be ideal to spoon over cereal or in coffee. It tasted very similar to sugar but with a hit of maple and can be used as a substitute in just about anything either in its coarse granular form or as suggested on their website, in a large grinder similarly to whole pepper for finer results. <http://femmesqc.com/62711.htm>.

Upon sampling both their regular basil-pine nut pesto and their sundried tomato pesto, we agreed that Solemio brand pasta sauces were one of the nicest things that we had tasted all day. Both sauces had robust flavour



and would be delightful over pasta. This product is also available in most chain grocery stores, making them an ideal bet for dinner, any night of the week.

Another interesting innovation was Go Go Quinoa's quinoa snacks and pastas. Quinoa is an oft-misunderstood, highly nutritional grain that contains fewer carbohydrates than most cereals and no gluten at all. Go Go Quinoa makes a variety of quinoa-based products as alternatives to those made with flour so that those with wheat or gluten allergies can still enjoy pasta or puffed snacks similar to onion puffs or rings. We found that the spicy puffs were actually quite enjoyable and would consider buying if they were more readily available. Though this product is geared towards health food stores as a speciality item they do sell it online. For more info see: <http://www.gogoquinoa.com>.

This expo was not only about edibles but also featured a number of kiosks devoted to biodegradable and compostable products, the best of which was offered by Nova Envirocom, which produces a variety of disposable cutlery and packaging.

This Quebec company distributes

anywhere in the province and makes its products from corn, potatoes and other organic resins. We even used the disposable cutlery produced by Nova at another table to sample organic yogurt, not knowing that the cutlery had been made from corn as visually it's indistinguishable from plastic. Though this product is at the moment more expensive than the regular variety of disposable cutlery and packaging, the distributor told us that it would not be for long due to new environmental legislation that the provincial government is working on. Nova Envirocom makes a variety of products. Check them out at <http://novaenvirocom.ca>.

We literally saw hundreds of new products, so many that it would take a magazine the size of a phone book to talk about them all. There is always new information coming out about nutrition from organic foods to, so-called super foods, and about locally produced foods. The best source of information is the Canadian government. To find out more on what you should be eating, check out Canada's Food Guide at http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html.

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Former residential school students must decide on opt-out plan

The second phase of a national notification program has begun to alert former students of the Indian residential school system and their families that they must decide whether to stay in the legal settlement or remove themselves (opt out) from it by August 20, 2007. Notices will be distributed, published, mailed, and broadcast throughout Canada, describing the settlement benefits and how to get them for those who stay in, and explaining what it means to opt out and how to opt out.

This is the continuation of a notification program that began in June of last year, when former students and their families learned how to give their views about the fairness of the settlement. Then, nine Courts across Canada held public hearings. All of the Courts approved the settlement after those hearings. The opt-out period formally began immediately following a Court hearing on March 22 and notices were placed on the Court website (<http://www.residentialschoolsettlement.ca>).

Community outreach coordinators will begin informing former students across Canada, and phone calls will be placed to those who previously came forward. The settlement provides:

1) At least \$1.9 billion for "common experience" payments to former students who lived at one of the schools. Payments will be \$10,000 for the first school year (or part of a school year), plus \$3,000 for each school year (or part of a school year) after that.

2) A process to allow those who suffered sexual or serious physical abuses, or other abuses that caused serious psychological effects, to get between \$5,000 and \$275,000 each. Those students could get more money if they also show a loss of income.

3) Money for programs for former students and their families for healing, truth, reconciliation, and commemoration of the residential

schools and the abuses suffered: \$125 million to the Aboriginal Healing Foundation; \$60 million to research, document, and preserve the experiences of the survivors; and \$20 million for national and community commemorative projects.

Family members who were not students will not get payments. Former students who opt out will not get any payment from the settlement. However, former students or family members who opt out will keep any right they may have to sue the Government of Canada, the churches that joined in the settlement, or any of the defendants in the class action lawsuits, over residential schools. The opt-out deadline is August 20, 2007.

Those who wish to opt out must complete, sign, and mail an Opt Out Form postmarked by August 20, 2007. The Opt Out Form is available at <http://www.residentialschoolsettlement.ca>, by calling 1-866-879-4913, or by writing to Residential Schools, Suite 3-505, 133 Weber St. North, Waterloo, Ontario N2J 3G9.

Eligible former students who stay in the settlement can get a payment from it. However, former students and family members who stay in the settlement will never again be able to sue the Government of Canada, the churches that joined in the settlement, or any other defendant in the class actions, over residential schools.

Those who want to stay in the settlement and ask for a payment, may write, call 1-866-879-4913, or go to the website. Claim forms will be mailed after August 20, 2007. A toll-free telephone call centre at 1-866-879-4913 has been set up to handle inquiries, with a link to crisis line services. Also, a website displays the detailed notice, settlement agreement, list of recognized schools and hostels, and other information at www.residentialschoolsettlement.ca.

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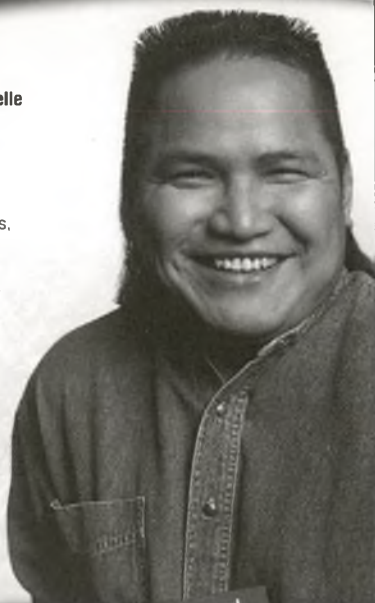
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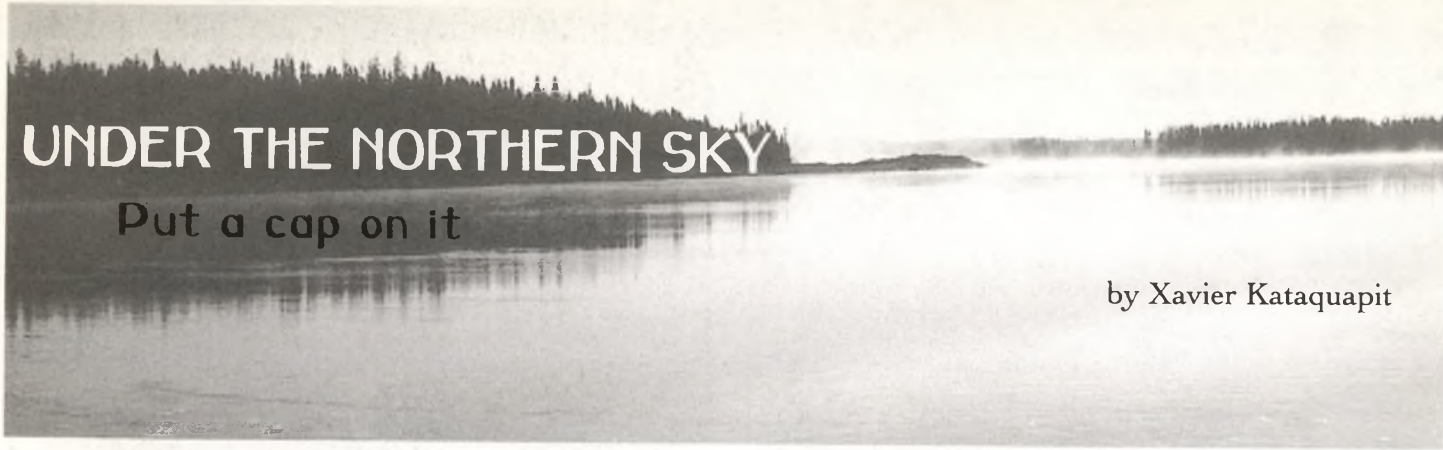


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UNDER THE NORTHERN SKY

Put a cap on it

by Xavier Kataquapit

Young boys share many common fashion trends and wearing a cap probably tops them all. Most boys in the north consider wearing a hat as a normal part of the dress code. It is almost a necessity to wear a cap at one point in your life up here in the far north. There is a ritual surrounding the wearing of a hat. It is not just a matter of putting on a piece of fabric on your head. To many guys and girls, it is a fashion statement, a status symbol and a form of self expression.

In the 60s and 70s, the hunter's cap became popular with people up the coast. It was something to wear in the summer months to keep the biting insects off your head. It was made from tough durable fabric that ensured it would last for years.

The green hunter's cap was a plain hat, with a low rise top and a soft felt visor to keep the sun from your eyes. I think these types of caps started the fad in the north. The hunter's cap was the first one that was used as a status symbol or a fashion statement by the people I knew back home in Attawapiskat. If you wore the cap, it meant that you could afford a little bit of luxury and you were up with the trends. It also meant you were a hunter and if you wore it in the community, it let everyone know what your main occupation was in life. As most people were hunters in those days you can imagine soon we had a flood of hunter capped heads on the streets all the time.

There came an evolution to traditional headgear in the 80s up the coast. It was during this period that the hunting cap slowly disappeared and the trucker cap was introduced to the north. This cap featured a large and stiff visor with a higher rise top that was more square and angular with a foam front and the back was a mosquito net mesh.

These were more personal pieces of head gear. There was a wide variety of styles and colours to choose from. The foam front of the cap was the place to advertise to the world and it could include a witty remark, a lame joke, a cartoon figure or a company logo.

The trucker cap was the first cap that could be stylized to the individual. You could leave it alone and wear it as you bought it. Others chose to curve the visor to their liking. Some wore it deep over their forehead and others kept it light fitting over their hair. The traditional hunter could also retain a need for a status symbol by stitching a small slick duck feather or two into the mesh.

In the 90s, I became part of the generation that adopted the baseball cap. To my friends and I these were more sophisticated pieces of head gear as compared to the ones worn in the previ-

ous decade. These were made of wool or cotton with a stiff visor and featured sports logos. Your loyalty and support of a sports team helped to make you an individual. So I was eager to buy my first sports hat which was adorned with the Oakland A's baseball team logo.

The trick was to choose a team that you thought was a winner and that made you a winner. We felt like if they won, we won and if they lost, we went down with the team, hat and all. These hats became almost like works of art with all types of embossed and coloured and textured logos. They were expensive too and you were judged on how much you spent on your hat. People actually commented on the quality and look of these hats. It was a big deal for a teenager.

Back then, caps of any kind were also head pieces we could use to help us hide from the world. Most of us chose to wrap the cap over our heads. You curved the visor around your brow to keep the world away. With a cap it was easy to turn away from the gaze of another person by simply facing down and allowing your trustworthy cap to keep you out of sight. I remember at one point feeling almost naked if I did not have my cap on. Most of us were just very low on self esteem in those days.

It took me about a year to wean myself away from my cap. This happened during a period where I was gaining more confidence by being able to face the world without the help of a shell to hide behind. Don't get my wrong, I still love wearing a cap when I am working outdoors or travelling on the land. It is more about protection.

The sports style cap of the 90s is still worn but it has evolved yet again into something new. Now it is more popular to leave the visor alone, let the cap slide back and even point it off to one direction or another. It seems to be a style more confident and fashionable rather than as a prop to hide under. However, it is still used as a status symbol more than ever. Today hats don't only feature team logos. They are designer wear and they can be styled with fashion labels, band logos or elaborate designs and colour combinations. The sky is the limit.

I gave my last cap away a few years ago to a young Cuban boy living with his family near the ocean outside the city of Santiago de Cuba. He came right up and asked me for it. I had a brief moment of hesitation but in the end I saw in him a little of the boy that I was at one point in my life. I realized that a well worn Michigan Wolverine cap would mean the world to him. In a way it also released me. It was empowering to easily pull the cap from my head and give it away. After all, it was just a cap.

CLASSIFIEDS

BIRTHDAYS - 101

Happy 9th birthday to our son Tristan John Snowboy on April 9th, 2007. We love you so much. Hope you have fun on your birthday, love always, Mom, Dad (Whap) xoxoxo We want to wish a happy 18th belated birthday to our very good friend Melanie Blueboy...boy!!...finally 18 eh mel!!...effin rights!...we wanted to tell you...that we will always be there for you in good times and bad times!...we love you Mel. love in friendship Kare, Marii, Shallow, Jen, and Corny!...lol...have a good one!...cheers!!! Love ya lotssss!!

Happy Birthday to Clarence Jason Jolly Diamond Moar on April 9. Remember to live life to the fullest everyday...from Sarah in Chisasibi.

Happy Birthday to my daughter, Florrie Raven Rose Blackned-Diamond, on April 18 in Waswanipi. You are very special girl! I will always cherish the moments that I spent with you and your bros. Can't wait for your summer visit to Nemaska. I have your summer all planned out for you and your bros-Mountain Lake Bible camp first then, Summer camp at Old Nemaska. Love always--your dad JIMBO from Nemaska.

Wishing a Happy Birthday to the love of my life Mr. Jesse Blacksmith on the 17th of April. I love you Jess, xoxo Rachel.

Happy belated birthday to Dennis Loon on March 24th! I enjoyed your special day with you! Love: Naomi xox

We would like to wish Happy Birthdays! to the following people: 14th B-day to Jenny Ratt-Louttit (Chis.) & 3rd B-day to Tamar Mattawashish (Mist.) both on April 3, 2007, 4th B-day to Marcus Sam & 17th B-day to Stephane Ratt-Shanoush both on April 4, 2007. From: Everyone @ 115 Beaver Creek Rd. (Chis.)

We would like to wish Happy 4th Birthday to Marcus Sam on April 4, 2007. WOW! Time goes by so fast, you're turning four already & you'll be starting school this year. We love you! From: everyone @ home.

Birthday Wishes going out to my friend Naomi Iserhoff on April 1st. Hope you had a great day. Letting you know that I'm always here for you! Good luck in your studies and hope to see you soon. From your Friend in Mistissini xoxox

We would like to wish a happy birthday to our joomshoom Ron. His

birthday will be on April 19 and he will be like a million years old. Wow Joomshoom! You're almost as old as the dinosaurs. Awesome!! Well, happy birthday Joomshoom and we love you. Also, you're the best taxi driver anyone can ask for. You always take us to the daycare and the store. You're the best Joomshoom ever! Love you adorable grandkids Treasure, Benjamin, Kimora-Lee and Kimisha-Ann Capissisit.

I would like to Happy Birthday to a very special boy, his name is Brenan Visitor! His birthday was on April 1st. I miss you and can wait to see again, Luv U! From All of Us @ 3-50, rue du Satellite in Gatineau (Hull).

I know it is a little late to wish these two little boys a Happy Birthday, but like they say 'Better late than never.' First of all to our little big man Eadan Spring Shecapio Blacksmith on March 21st. Wow, you are 4 years old already and school starts in September. Well I guess Joomshoom will keep you. He is your Big Boss Man. Sorry we could not go to North Bay to celebrate with you but I am sure you had fun. So Happy Birthday and many more to come. Love you so much. And also to our short, chubby Kenzie boy who we call 'Boodoos' Happy Birthday to you too, little guy. I know you had fun on your day. Most of your family was there. Both Goosooms were there to celebrate with you & Joosoom John, so you really had a time of your life. So Happy Birthday little guy on Feb. 22nd. We miss you & we'll see you soon. With Love, Googoom Mary & Joosoom John S.B.

It's that time again in the month of April. A very busy month for us. First of all a very Happy, Happy Birthday to our youngest of them all, Joy Shecapio Blacksmith on April 5th. No matter how old you'll get, you'll always be my baby. So enjoy your birthday in North Bay, maybe we'll surprise you girls. Once again Happy Birthday and many more to come. And also to our beautiful twin daughters, Annette & Theresa Shecapio Blacksmith on April 11. We're proud of you girls that you both decided to go back to school, and North Bay is the best place to go, so I hear. So girls enjoy your day and relax, for you are getting older, 3? Something years old. Like I said, maybe we'll surprise you with an unexpected visit. So Happy Birthday and many, many more birthdays to come. Take care of your big ones and little ones.

With love & joy, Mom & Dad (John & Mary SB).

This is for you T.J., wishing you a Happy Birthday on April 6th, 2007. Your birthday is a special day for me because it celebrates the life of the man I love. I just want you to know that I love you so much and I'll be thinking of you as always. Thank you for the times we spent together. I will forever cherish every moment because those were the best days of my life. I love you & always will.

PERSONALS - 300

I would like to congratulate my niece, Nikki Baribeau for being 1st place in the Public Speaking Contest in Mistissini and good luck to her in the Regional Public Speaking Contest in Eastmain on April 3, 2007. You made me so proud that night even though I was the only family member to cheer you on. I wish you all the best in Eastmain and remember you always will be number one to us!!!!!! With lots of love, Auntie Stephanie. xoxoxoxox

All of my wonderful E.N.C.S. students of Waskaganish: I just want you to know that I am very proud of the way all of you have worked so hard to get to where we are today. Keep up the wonderful work and

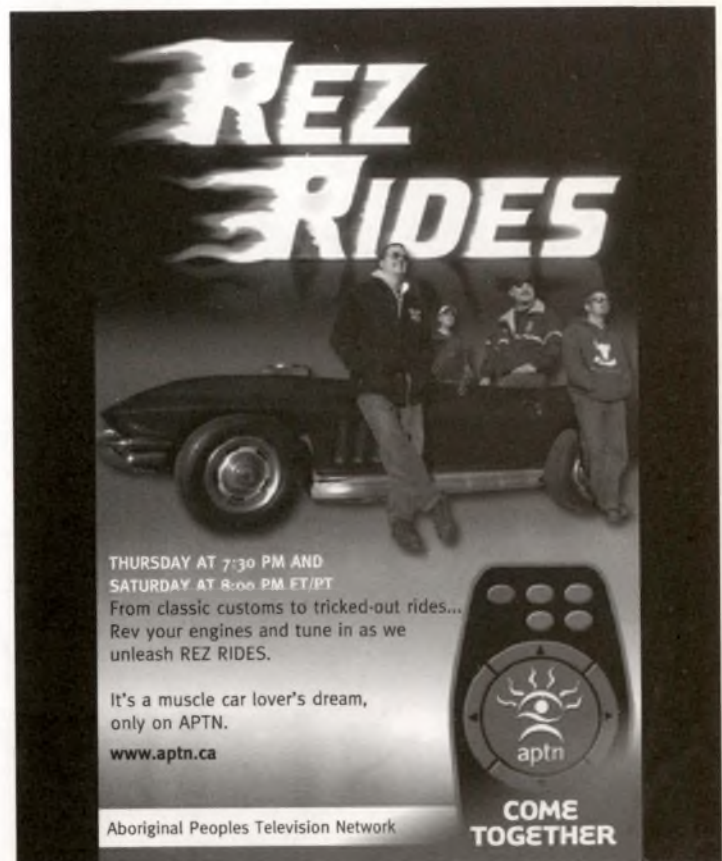
dedication with Daisy. I will see you on May 14th. Have a restful Goose Break....and get ready to GRADUATE!!! I can't wait! With love and admiration; Holly

I am forever grateful to all the people that prayed for my husband. Special thanks to Mary and Juliette and to the visitors & the get well wishes. Many thanks to God's servants, the surgeon and the nurses. My husband's surgery went very well. Praise God. To all of you, thank you for your kindness, thoughtfulness and compassion. May God Bless you all. Helen Martin in Waswanipi.

PUBLIC ANNOUNCEMENTS - 400

The Native Women's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: www.nwsm.info and feel free to give us any feedback.

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1 - 8 0 0 - 6 6 8 - 6 8 6 8 or check out their website at: www.kidshelp.sympatico.ca.



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